

Peacock Press

MARCH 2003

Naval Postgraduate School

From the Quality of Life Director...

In this time of increased world tensions, your Quality of Life Team at NPS would like to honor our NPS military and their family members for their numerous sacrifices for our country including frequent moves, long periods of separation, and when duty calls, to go anywhere on a moment's notice to preserve our freedom. Accordingly, as a very small token of our appreciation, we will host **NPS MILITARY FAMILY APPRECIATION NIGHT** on Wednesday, 12 March. We will provide a complementary spaghetti dinner complete with Caesar salad, garlic bread, fresh baked cookies and brownies, and ice tea or fruit punch to all NPS active or retired military and their immediate family members. Dinner will be served on a first come first served basis from 1700 -2030 in the Club Del Monte in both the Barbara McNitt Ballroom and the El Prado Dining Room.



To ensure we are providing quality programs that meet the needs of our Military Families, key managers of NPS Quality of Life Programs will set up booths during the Military Family Appreciation Night and be available to discuss our current programs. We want to use this opportunity to answer your questions and hear your suggestions of how we can provide improved Quality of Life Programs at NPS.

Easter is right around the corner so be sure to make your reservations early for our fantastic **Easter Brunch** on April 20th from 1030-1400. Chef Hugh Butler will pull out all the stops including his fabulous ice sculptures and a great buffet including Dungeness Crabs, carved Roast Beef, Omelet Bar, delicious Salads, and much more - all in the historic Old Club Del Monte - the most magnificent facility on the Peninsula! Reservations are now being taken at 656-2432. We did sell out last year and we served over 700 customers, so make your reservations early. Be sure all of your guests have appropriate ID and are on the access roster, if required. Adults \$19.75, children 5 -10 are half price, children under 5 are free.

In recognition that April is "**Volunteer Appreciation Month**," many of you will receive a volunteer survey in the near future. We know many of our NPS students, faculty, and staff volunteer their time and resources in many organizations throughout the local community. In addition to helping support Volunteer Appreciation Month, the survey's information will be used in a publication due out in December from the Office of Institutional Research. This study, tentatively titled the "Community Impact Study," will provide NPS with a summation of our impact on Monterey and also Monterey's unique effect on the quality of education and research we are able to provide. The section on volunteerism will feature the data from this survey, as well as spotlight several large organized volunteer efforts here on campus. We hope that you will provide your complete support by completing the survey.

Jim Thomas

www.mwr.nps.navy.mil



<i>The Fleet & Family Support Center</i>	2
<i>Calendar Of Events</i>	3
<i>Club Del Monte</i>	4
<i>MWR Movies</i>	5
<i>Information Tickets & Tours</i>	6
<i>Monterey Bay Athletic Club</i>	7
<i>Child Development Program</i>	8
<i>Tech Connection/Youth & Teen Center</i>	9
<i>Monterey Navy Flying Club</i>	10
<i>Bluewater Cove Marina</i>	10
<i>Monterey Pines Golf Course</i>	11
<i>Hours of Operation</i>	12

NAVAL POSTGRADUATE SCHOOL

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Golf Course/RV Campground
Manager

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Child Development & Youth
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Catering Sales Manager

Cecilia S. Legario
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in
area code (931)



MARCH 2003 SCHEDULE OF CLASSES

Winning Interviews: Mon, 4 Mar 1:00-4:00 pm FFSC, Bldg 3. This class is designed to help individuals prepare for an interview. It covers what to wear, how to present yourself, how to project your career image, what questions to ask and negotiating salary.

Dealing With Anger: Tuesdays, Part 1, 11 Mar Part 2, 18 Mar 4:00-6:00 pm FFSC, Bldg 3. How often do you get angry? Do you get "ticked-off" easily? Who or what makes you angry? Is anger affecting your work output or your relationships with those you love? This class is presented in two parts.

Improving Communication With Your Partner: Wed, 12 Mar 6:30-8:30 ACS, OMC. Focus will be on various ways conflict doesn't get resolved or talked about in your relationship. We will focus on six (6) strategies to resolve and prevent conflict in your relationship. Class is co-sponsored by Army Community Service (ACS) and Fleet and Family Support Center (FFSC). Free childcare is available.

Credit Management: Thurs, 13 Mar 1:00-4:00 pm FFSC, Bldg 3. This class is to provide some basic information on credit. The class will cover: (1) How to establish and maintain a good credit rating. (2) When and how to borrow money. (3) How to manage your debts properly. (4) How to get the best deal on a loan. It will provide the information necessary to enable you to establish and maintain a good credit rating, avoid excessive debt, and make wise use of credit as a consumer.

Self-Confidence, Group Play, and Positive Socialization: A 4-day class for children, ages 6-11, for 2 1/2 hours, Mon-Thurs 17-20 Mar 9:00-11:30 am OMC Chapel. The goals are to bolster self-confidence, teach skills for making and maintaining friendships, teach problem solving skills and tools for social interaction.

Transition Assistant Program (TAP) Seminar: Tues-Fri 18-21 Mar 7:50 am-4:00 pm NPS, Spanagel Hall, Room 101A. This workshop provides a job search overview, job hunting skills, work values, goals, resume preparation, interviewing, negotiations, veteran's benefits, plus information on location, travel, separating leave, job referrals, and much more. Co-sponsored by the Department of Defense, Department of Labor and the Department of Veteran's Affairs.

Buying a Home Seminar: Wed, 26 Mar 1:00-4:00 pm FFSC, Bldg 3. This class is designed to introduce the steps involved in purchasing a home. The purchase offer, Contingency Clauses, Various Closing and Pre-paid Costs, and Types of Mortgage Loans will be discussed.

ON-GOING CLASSES

Chess/Self-Confidence: Wednesdays 2:30-3:45 pm La Mesa Community Center, Fridays 2:30-3:45 pm OMC Chapel. This group provides multiple approaches to increasing self-confidence in children.

Infant Play Group: Tuesdays 10:00-11:00 am La Mesa Community Center. A program for young moms to play with their infant, while sharing community resources and parenting ideas. Join us in a stimulating environment.

Toddler Play Group: Fridays 10:00-11:15 La Mesa Community Center. A play and activity group for children ages 14 months to 3 years. Parents are encouraged to interact with their toddlers through fun activities, share parenting tips and resources.

Registration is required. Call the Fleet and Family Support Center, 656-3060 to register. Visit the FFSC website for update to classes: <http://www.nps.navy.mil/fsc>


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Mon 3, 10, 24 & 31 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00	Every Tuesday Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00	Every Wednesday Dinner Special El Prado Room 1600-2100 JUMBO BEEF BRISKET SANDWICH \$6.50	Every Thursday FAMILY NIGHT Dinner Special El Prado Room 1600-2100 FRESH BAKED ASSTD PIZZAS Adults: \$5.50 Kids 5-10 \$3.50	Every Friday Dinner Special El Prado Room 1600-2100 STEAMED FRESH DUNGUNESS CRAB \$15.00	1 "Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."
2 FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM.	3 THE CAT'S MEOW (PG 13) 1900 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO	4 AMISTAD (R) 1900 Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00	5 SWEET HOME ALABAMA (PG 13) 1900 Dinner Special El Prado Room JUMBO BEEF BRISKET SANDWICH \$6.50	6 SPIRITED AWAY (PG) 1730 Dinner Special El Prado Room 1600-2100 FRESH BAKED ASSTD PIZZAS Adults: \$5.50 Kids 5-10 \$3.50	7 Dinner Special El Prado Room 1600-2100 STEAMED FRESH DUNGUNESS CRAB \$15.00	8 TECH CONNECTION TEEN FUND RAISER CAR WASH
9 For Party Reservations at CLUB DEL MONTE Please call 656-2170.	10 FACE OFF (R) 1900 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO	11 RED DRAGON (R) 1900 Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00	12 NO MOVIE "MILITARY FAMILY APPRECIATION NIGHT" Barbara McNitt Ballroom 1600-2000	13 HARRY POTTER: CHAMBER OF SECRETS (PG) 1900 Dinner Special FRESH BAKED ASSTD PIZZAS Adults: \$5.50 Kids 5-10 \$3.50	14 Every Friday Lunch Special El Prado Room 1100-1300 MONGOLIAN BBQ \$5.75	15 BLUEWATER COVE MARINA OPEN DAILY NOON TO SUNSET
16 MONTEREY PINES GOLF COURSE OPEN DAILY & MOST FEDERAL HOLIDAYS.	17 ANTWONE FISHER (PG 13) 1900 Dinner Special El Prado Room CORNED BEEF & CABBAGE Adults: \$7.75 Kids 5-10 \$4.00	18 STAR TREK: NEMESIS (PG 13) 1900 Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00	19 DIE ANOTHER DAY (PG 13) 1900 Every Wednesday Trident Room SOCIAL HOUR 1600-1700	20 THE SANTA CLAUS 2 (G) 1730 Dinner Special FRESH BAKED ASSTD PIZZAS Adults: \$5.50 Kids 5-10 \$3.50	21 Every Friday TRIDENT ROOM LIVE ENTERTAINMENT OPEN 1500-2300 SOCIAL HOUR 1600-1800	22 MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS
23 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700	24 ANALYZE THAT (R) 1900 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO	25 ANTWONE FISHER (PG 13) 1900 Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00	26 RED DRAGON (R) 1900 Dinner Special JUMBO BEEF BRISKET SANDWICH \$6.50	27 HARRY POTTER: CHAMBER OF SECRETS (PG) 1900 Dinner Special FRESH BAKED ASSTD PIZZAS Adults: \$5.50 Kids 5-10 \$3.50	28 Dinner Special El Prado Room 1600-2100 STEAMED FRESH DUNGUNESS CRAB \$15.00	29 Every Saturday TRIDENT ROOM DINNER SERVICE 1600-2100 BEVERAGE SERVICE 1600~2300
30 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS AND FEDERAL HOLIDAYS	31 8 MILE (R) 1900 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO	DOD WEB SITE PROVIDES INFORMATION ON MILITARY INSTALLATIONS Standard Installation Topic Exchange Service (SITES) provides worldwide relocation information on major military and associate installations for use by active duty personnel and their families during permanent change of station moves. SITES is sponsored by: The Office of Secretary of Defense and the Defense Manpower Data Center. To access this web site you must first be an authorized user and enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). Authorized users are: Active Duty Military/Uniformed Services Members, Selected Reserve/Guard Personnel, Retired Military, Direct Hire Appropriated Fund DOD Civilian Employees, non-appropriated fund civilian employees, certain DOD contractors in Hawaii and overseas, and the family members of the above who have been issued DOD ID cards. Authentication is accomplished by verifying the information contained in DEERS. For info, contact the Fleet & Family Support Center, Relocation Manager at 656 -3175.				



**MON 3, 10, 24 & 31
MARCH
DINNER SPECIAL**
*El Prado Dining Room
4:00 ~ 9:00 p.m.*

FRESH SEAFOOD CIOPPINO
*with Shrimp, Calamari, Crab and Mussels.
Fresh Caesar Salad and Garlic Bread*
Adults \$7.50 Kids 5-10 \$4.00
Under 5 \$2.00

*Come enjoy our March Tuesday Dinner Special
in the El Prado Room 4:00 ~ 9:00 p.m.*



ROAST PRIME RIB
*"moist and tender"
with Aux Jus accompanied
with Horse Radish, Baked
Potato, Sour Cream and
Chef choice dessert.*
only \$13.00

*March Wednesday Dinner Special served in the
El Prado Room 4:00 ~ 9:00 p.m.*



**Slow Roasted & Smoked Jumbo
Beef Brisket Sandwich
on a Toasted Bun**
Served with Coleslaw & Fresh Baked Cookies
Cost: \$6.50 1/2 Portion \$3.50

"ANNOUNCEMENT"

*The Trident Room, Barbara McNitt Ball Room,
and El Prado Room have 802.11b wireless access.*
*For more information, please call 656-1046 or
helpdesk@nps.navy.mil.*

SINGLE SAILOR PROGRAMS




**SOUTH TAHOE
SKI TRIP**
21 -23 March '03

COST: \$25.00 single sailors \$50.00 guests
*The cost covers transportation and
condo for the weekend.*
*Open to single enlisted sailors and geo bachelors
attached to NPS and tenant commands only.*
*Purchase your lift ticket from the ITT office in
Herrmann Hall Quarterdeck. You can bring
your own skis or rent them from Outdoor Rec-
reation in DLL. For info call 656-7955.*

FAMILY NIGHT
March Thursday Dinner Special
in the El Prado Room 4:00 ~ 9:00 p.m.



**FRESH BAKED
ASSORTED PIZZAS
AND GREEN SALAD**
Adult \$5.50

**EVERY FRIDAY IN MARCH
DINNER SPECIAL**
in the El Prado Room 4:00 ~ 9:00 p.m.



CRAB FEAST \$15.00
*Steamed Fresh Local Large Whole
Dungeness Crab, Crisp Caesar Salad
with Pikerino Cheese, Baked Potatoes,
Sour Cream and Chive &
Chef Delicious Dessert*

FRIDAY LUNCH SPECIAL
El Prado Room 11:00 a.m. ~ 1:00 p.m.

MONGOLIAN BBQ
\$5.75
*Select your ingredients, and watch
the Chef perform his magic.*

*Great Tennis Opportunity
for all Levels*
*Pick up your racquet and
come join the*



NAVY LADIES C LEAGUE TEAM
*Beginners welcome! Bring along your
children. We practice at NPS' lower
court courts (by the Gym) every Mon-
day, Wednesday, and Friday from
9:30 to 11:30.*
*For more information contact: Farrow
Herbert at 657-0323, [charfarrow@
yahoo.com](mailto:charfarrow@yahoo.com) or Kim Hurst at 373-7808,
kimberlyhurst@sbeglobal.net.*

**SAINT PATRICK'S DAY
DINNER SPECIAL**
*Monday, 17 March 2003
El Prado Dining Room 4-9 p.m.*



**CORNEB BEEF
& CABBAGE**
*Served with Roasted Potatoes &
Carrots, Chef Choice Dessert,
Green Beer*
\$7.75

**LUCK OF THE IRISH
DART GAME**
*Monday, 17 March
Trident Room 4:00-6:00 p.m.*



*Award for
"Most Original Green Attire!"
(appropriate dress please)
Games and Prizes!*

**MWR
ADVISORY BOARD
TO MEET WEDNESDAY,
19 MARCH 2003**

*The next MWR Advisory Board meet-
ing is set for Wednesday, 19 March at
10:00 a.m. in the La Novia Room,
Herrmann Hall Bldg 220.*

*All departments of the Naval Post-
graduate School and tenant commands
are encouraged to send representa-
tives to these informative bi-monthly
meetings.*

*This is your opportunity to gather the
latest MWR info and to share your
command's feed back with key MWR
personnel.*

*For more on how your command can
take part in the MWR Advisory Board,
call the MWR Administrative Office at
656-1049.*

Mon 3 Mar ~ The Cat's Meow (PG 13): Edward Herman and Kirsten Dunst. In November of 1924, a mysterious death occurred aboard media mogul, William Randolph Hearst's yacht. Just what happened may never be known, but some of the biggest names of the era were aboard, including Charlie Chaplin, Hearst's mistress, Marion Davies and the feared Hollywood gossip columnist, Louella Parsons.

Tues 4 Mar ~ Amistad (R): Morgan Freeman & Anthony Hopkins. Based on the historical events of 1838, this is the story of a group of African captives who led a bloody revolt on the Spanish slave ship that was transporting them to America, with the hope of returning to their homeland.

Wed 5 Mar ~ Sweet Home Alabama (PG 13): Reese Witherspoon & Josh Lucas. When a successful young fashion designer finds herself engaged to New York City's most eligible bachelor she has a few problems... like the Redneck husband she has back in Alabama. Determined to end the relationship she returns home only to find you can take the girl out of the south but you can't take the south out of the girl.

Thurs 6 Mar ~ Spirited Away (PG): The voices of: Dave Chase, Michael Chiklis & Lauren Holly. When a young girl's family gets lost in a secret world after venturing into a hillside tunnel, she must learn to think for herself in order to save them. But strange animals and a grumpy sorceress will do everything they can to prevent her from returning to the human world.

Mon 10 Mar ~ Face/Off (R): John Travolta and Nicholas Cage. An FBI agent tries to locate a biological weapon hidden in Los Angeles by agreeing to an unusual operation that surgically replaces his face with that of the captured terrorist who planted it. But, when the terrorist comes out of his coma, he escapes and assumes the identity of the agent and begins his own search... for revenge.

Tues 11 & Wed 26 Mar ~ Red Dragon (R): Anthony Hopkins & Edward Norton. In this prequel to the hit movie "Silence of the Lambs" an FBI profiler, famous for his capture of the notorious serial killer Hannibal, "The Cannibal", is brought out of retirement to help in the investigation of a series of gruesome murders that the police are desperate to solve before the killer can strike again.

Thurs 13 & 27 Mar ~ Harry Potter: Chamber of Secrets (PG): Daniel Radcliffe and Emma Watson. As Harry prepares to return to Hogwarts School of Magic and Wizardry for his second year, he is warned that danger awaits him at the school. Malevolent voices whisper from the walls and soon it's not just Harry who is worried about survival, as dreadful things begin to happen to everyone around him.

Mon 17 & Tues 25 Mar ~ Antwone Fisher (PG 13): Denzel Washington and Derek Luke. With the help of a psychiatrist, an angry sailor on the verge of being kicked out of the Navy, decides to embark in a search for the family that abandoned him as a baby and along the way finds the courage to change his life dramatically.

Tues 18 Mar ~ Star Trek: Nemesis (PG 13): Patrick Stewart and Jonathan Frakes. After a successful coup in the Romulan Empire, a chance for peace is offered to the Federation by the new ruler of Earth's old enemy. But, when the Enterprise arrives for negotiations on the Romulan home world, it becomes apparent that there is another agenda on the table... an agenda of death, destruction and personal revenge.

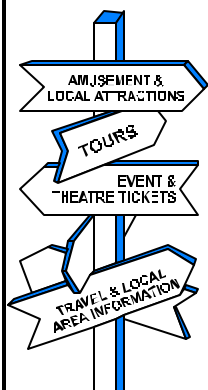
Wed 19 Mar ~ Die Another Day (PG 13): Pierce Brosnan and Halle Berry. James Bond returns in the twentieth installment of the super-spy series of adventures. From Hong Kong to Cuba to London Road, Bond circles the globe in his quest to unmask a traitor, prevent a catastrophic war, and capture an enemy who can disguise himself by physically altering his facial features.

Thurs 20 Mar ~ The Santa Clause 2 (G): Tim Allen & Elizabeth Mitchell. For the past eight years, Scott Calvin has been one of the best Santas ever. But now, he has a problem ... it seems his son is on this year's naughty list. Desperate to help, he leaves a substitute Santa at the North Pole and heads home. But when the substitute Santa begins to make odd changes, Christmas itself is put in jeopardy.

Mon 24 Mar ~ Analyze That (R): Billy Crystal and Robert De Niro. Back in jail, the target of many assassination attempts and experiencing a nervous breakdown, Mafia boss, Paul Vitti is in need of some serious counseling. Released into the custody of the neurotic analyst who helped him the last time, his only thought is to turn over a new leaf, start over, and get his enemies before they get him.

Mon 31 Mar ~ 8 Mile (R): Eminem & Kim Basinger. A young rapper from Detroit, who uses music to struggle with his anger, finds that he can use the hate in his heart to transcend his meager beginnings and eventually attain super-duper, megastar success.

**WATCH FREE MOVIES IN THE BARBARA MCNITT THEATER AND GET A BUCKET OF FREE POPCORN!
OPEN TO ALL AUTHORIZED MWR PATRONS.**



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

MARCH	UPCOMING ITT TOURS	PRICE
1	Alcatraz/Pier 39	\$39.00
8	Elephant Seals/Ano Nuevo Reserve	\$25.00
15	Hockey Sharks vs. Calgary	\$45.00
22	San Francisco St. Patrick's Day Parade	\$23.00
29	Hearst Castle	\$35.00
APRIL		
5	Solvang - Danish Village	\$23.00
12	Baseball Giants vs LA Dodgers	\$40.00
19	Best of Broadway "The Producers"	\$65.00
26	Monterey Wine Tour	\$39.00



DEEP SEA FISHING & WHALE WATCHING

Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$13.00 for adults and \$11.00 for children 2-11 yrs. Prices for fishing start at \$31.00 per person. Gear and license are extra.



RENT A CONDO IN SOUTH LAKE TAHOE ~ \$150.00 per night, fully furnished, 2 king size beds, 2 bathrooms, fireplace, Jacuzzi, tennis, close to casinos and skiing. Contact the ITT Office for more information and to make reservations.

UNIVERSAL STUDIOS: Special Mardi Gras celebration Feb 21 ~ April 26. Enjoy live music, parades, street performers, and Cajun and Creole Cuisine. Save your ticket stub and get into select Universal City Walk clubs FREE.



UNIVERSAL STUDIOS

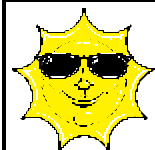


Universal Studios is offering a special deal called Military Salute at the park ticket booths. Offer will last until April 30. Active duty military gets in free, and dependents get their ticket at half price.



SIX FLAGS MARINE WORLD: Opens up for the 2003 season starting March 15th for weekends only from 10:00 a.m. ~ 8:00 p.m.

RESORT MOVIE THEATER TICKETS: Buy movie tickets to the Lighthouse and Osio Theaters for only \$3.50. Tickets are valid through 31 March. Get while they last.



LEISURE FUN FAIR

Thursday, 24 April 2003
Barbara McNitt Ballroom
11:00 a.m. ~ 1:00 p.m.

Come see what recreation opportunities are available in the Monterey area. Talk to people from area attractions, amusement parks, museums, hotels, etc. Area vendors will be there to answer questions and provide information about their services. Some of those attending are Monterey Aquarium, Children's Discovery Museum, Skip Barber Racing School, and more. Win fabulous prizes and plan to visit one of the tourist locations represented at the fair.

All MWR patrons are invited.



GREAT AMERICA

Opens for weekends starting the last weekend of March.



SPRING WINE TASTING & SILENT AUCTION

Friday, 25 April 2003, 7:00 ~ 9:30 p.m.
Barbara McNitt Ballroom, Herrmann Hall
Naval Postgraduate School

Come experience the best offerings from area wineries, plentiful hors d'oeuvres and a fabulous silent auction. This event is open to military, reservists, retirees, DOD civilians and their guests. Tickets are available at ITT Office 1-24 April at \$20.00/person and \$25.00/person at the door.

For more information, call April at (831) 624-1850.



ST. PATRICK'S DAY

5K-RUN

Friday, 14 March 2003
Fitness Center Parking Lot
Race starts promptly at 1500

Fee: \$12.00 Active Duty/Reservists
\$13.00 Retirees/Family Members
\$14.00 DOD Civilians

Fee includes a commemorative long sleeve T-shirt.

Divisions:

Men's 17-19 Women's 17-29
Men's 30-39 Women's 30-39
Men's 40-49 Women's 40-49
Men's 50+ Women's 50+

Awards will be given to the top 2 finishers in each division.
Please register at the Fitness Center front desk by 7 March.

FITNESS/Wellness CLASS

Classes (lecture only) being held at the Fitness Center are free for all military personnel (active, family member & retirees). DOD civilians may attend for a daily fee of (\$4.00) or as part of their membership.

Optimize Your Strength Training

Friday, 7 March 2003
12:00-1:00 p.m. & 4:00-5:00 p.m.

Strength, Cardiovascular and Nutrition Training

Friday, 21 March 2003
12:00-1:00 p.m. & 4:00-5:00 p.m.

Instructor: Loy Vincent, B.S. Physical Education
Certified Fitness Specialist



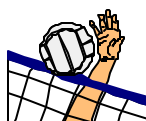
Spring Softball Organizational Meeting

Tuesday, 4 March 2003
Fitness Center, Bldg. 208 at 1600

(Season starts 7 April 2003)

Spring Volleyball Organizational Meeting

Wednesday, 5 March 2003
Fitness Center, Bldg. 208 at 1600



(Season starts 10 April 2003)

Rules, eligibility and league format will be discussed.

LOCKER RENTAL FEES

Active Duty:

6 months ~ \$30.00
Annual ~ \$60.00

Civilian:

6 months ~ \$36.00
Annual ~ \$72.00

Locker payments must be paid in full on first day of rental.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
7:00 AM	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS		STEP
9:30 AM						MUSCLE CONDNG
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)		
4:30 PM		HIGH/LOW		HIGH/LOW		
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK			
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		
6:30 PM	KICKBOX	STEP	KICKBOX	STEP		

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC PILATES DAILY	CYCLING DAILY	COMBO 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$36.00	\$5.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$38.00	\$5.50
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$40.00	\$6.00

Combo Cards: Allow you to take aerobics or cycling classes.

THERAPEUTIC MASSAGE

(now available)

Fees:

\$50.00 for a one-hour massage session.
\$75.00 for a one and one-half hour massage session.

For appointments, please call 656-3118.



PERSONAL TRAINING

We offer personal training that includes consultation, fitness/exercise program design and one-on-one training.

BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles available for rental by fitness center eligible patrons to meet their transportation needs or for recreational riding.



Two kinds of bikes are available for rental-street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below:

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 208.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	



The Child Development Home program offers Navy certified care by military family members in their homes.

Interested in pursuing a rewarding career and work at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer quality child care for others (legally) in your La Mesa residence, share in the financial support of your family, and have fun!

Child Development Center

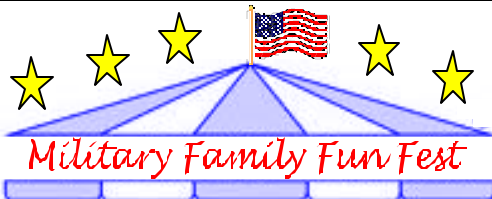
"CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience ~ the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care. We maintain a wait list for full-time care.

Life Skills Readiness Program ~ The Life Skills Readiness Program is a part-day program for children 3 to 5 years old. Prepare your child for school and give yourself some time to take care of some errands. Our Life Skills Readiness program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program. Sessions are Monday/Wednesday/Friday 0900-1130, and Tuesday/Thursday 0900-1130. A five day program may be available upon request. The program runs from August through June each year and enrollment is open on a space available basis.

Jellyfish Drop-In Care Room ~ Reserve a space for your child in our drop-in care room up to two full weeks in advance. The room is open 0900-1200 Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 if your child is here for snack. Afford yourself the extra time you need for appointments, to run errands, or just a little adult time to yourself. We have lots of fun!



In honor of Month of the Military Child

Saturday, April 26, 2003
Tech Connection, La Mesa Village
11:00 a.m. ~ 2:00 p.m.


Lots of fun activities, games and events for kids of all ages! For additional information, to volunteer, or to set-up an information table for your command-sponsored club or organization, please call Roz Compagno at 656-2734.



Accredited by NAEYC's
National Academy of Early
Childhood Programs

All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for info.

YOUTH & TEEN MARCH 2003 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 YOUTH & TEEN PINE WOOD DERBY RACE DAY!
2 FOR MORE INFORMATION ABOUT OUR PROGRAMS AND SPECIAL EVENTS PLEASE CALL 656-2127	3 YOUTH & TEEN SPORTS WITH MR. CARCUS SAC CLOTHES PIN PLANTER	4 TEEN REAL LIFE 101 SAC CLOTHES PIN PLANTER	5 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE SAC BOTTLE BOP (GAME)	6 YOUTH & TEEN TUSKER TAG SAC CARROT MAN'S CAR (ART & SNACK)	7 YOUTH & TEEN BACK STABBERS SAC CHICKEN NOISEMAKER (PUPPET)	8 TEEN FUND RAISER CAR WASH
9 TEEN OPEN REC'S HOURS OF OPERATION: 1430-1800	10 YOUTH & TEEN SPORTS WITH MR. MARCUS SAC PEA POD CATCHER (GAME)	11 TEEN REAL LIFE 101 SAC JOHNNY APPLESEED APPLE PIE	12 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE SAC CHICKEN TAG (GAME)	13 YOUTH & TEEN LATE NIGHT 6-10 P.M. Dinner provided SAC EGG HEAD (SCIENCE)	14 YOUTH & TEEN MINI GOLF SAC STUFFED ROOSTER (ART)	15 TEEN COUNCIL MEETING
16 	17 YOUTH & TEEN SPORTS WITH MR. MARCUS SPRING BREAK 17-28 MARCH	18 TEEN REAL LIFE 101	19 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE	20 YOUTH & TEEN KANGAROO CATCH	21 YOUTH & TEEN LATE NIGHT 6-10 P.M. Dinner provided	22 YOUTH DODGE BALL
23 BALLET/JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month Per child held at the Youth Center	24 YOUTH & TEEN SPORTS WITH MR. MARCUS	25 TEEN REAL LIFE 101	26 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE	27 YOUTH & TEEN STRIKER	28 YOUTH & TEEN POOL TOURNAMENT	29 TEEN GREAT AMERICA
30 SAC PROGRAM HOURS: BEFORE: 0730-0800 AFTER: 1415-1800	31 YOUTH & TEEN SPORTS WITH MR. MARCUS SAC BLOCK BUILDING CONTEST	 NATURE'S TREASURE CAMP: 17-28 March at the Tech Connection. Registration is going on. This Spring camping features: Grow a Garden, Discovery Tide Pools, Watch Chicks Hatch, Swim Like Fish, and Treasure Hunt for Jade.				

PINEWOOD DERBY

Saturday, 1 March 2003
Tech Connection 1:00 -4:00 p.m.



Pick up your Pinewood Derby Car Kit, and your rule flyer. Parents are encouraged to help their kids on this event and make sure race cars are registered. Official weighing and vehicle turn-in is 28 February.



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.



COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight instruction: \$20.00/hour.

AIRCRAFT RENTAL RATES

Cessna 152 (IFR) \$50.00

Cessna 172 (IFR) \$66.00

All rates are on hourly basis including fuel.

MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

Looking for part time Certified Flight Instructors. Please call 372-7033 for more information.

Bluewater Cove Marina



MWR Bluewater Cove Marina

- Located at the Coast Guard Pier in Historic Downtown Monterey.
- Our services are available for all active duty, retired military, family members and DOD civilians.
- Open everyday.
- Rentals are now from the Monterey Bay Athletic Club.
- First come - first served.
- Nine boats are available to rent.
- The minimum age to qualify for sailboat rentals is 18.
- Check sails are required for boat safety training and to familiarize all patrons with sailing areas and off limit locations prior to initial sailboat rental. Reservations for "check sails" are required - contact NPSSA.
- For Marina information, check sails, and boat reservations contact NPSSA or Monterey Bay Athletic Club at 656-3118.

SAILING CLASSES

Sailing classes for Mate "A" and Skipper "B" qualifications begins 15 March. Cost is \$85.00. Class size limited to 12 so sign up early!

For more details, call 656-3118.

SAILBOAT RENTAL RATE

Small Wonder	23 ft. Ranger	\$30/day
Serenade	22 ft. Santana	\$30/day
Antares	26 ft. Excalibur	\$30/day
Lorraine	22 ft. Capri	\$30/day
Barbara, Harriet	30 ft. Shields	\$30/day
Medora, Storm	30 ft. Shields	\$30/day
Hanalei II	30 ft. Buccaneer	\$40/day

-NPSSA-

NPSSA, the Naval Postgraduate School Sailing Association, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. Additionally, NPSSA provides assistance to MWR with boat maintenance and sailing qualifications through volunteers. All MWR eligible personnel may join NPSSA. For more information or to volunteer contact NPSSA at npssa@nps.navy.mil.



GOLF INSTRUCTION

from your
Certified Golf Instructors

CLAY MURRAY ~ Head Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$40.00	\$35.00	\$30.00
ONE HOUR	\$60.00	\$55.00	\$50.00
VIDEO HOUR	\$75.00	\$70.00	\$65.00
PLAYING LESSON	\$90.00	\$85.00	\$80.00

ERIC THOMPSON ~ Assistant Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00

DAVID HARBER ~ Assistant Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00



SPRING CLASSIC

Saturday, 5 April 2003 ~ 0800 Shotgun Starts
Pick your own foursome or sign up individually
and the Golf Shop will pair you up!

Format:

- 2 Best Balls of Four/Net.
- \$20.00 entry fee plus applicable green fee.
- Annual fee patrons.
- Includes prizes and food.

Sign up at Golf Shop or call 656-2167.

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op

DAILY RENTAL FEES		
ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$18/Day	\$15/Day
DOD	\$20/Day	\$18/Day
Civilian	\$25/Day	\$20/Day

RV VEHICLE STORAGE RATE		
	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

RENTALS		ANNUAL FEES	
Cart Rate	\$20.00	Enlisted	\$540.00
Single Cart	\$12.00	Officer	\$660.00
Rental Clubs	\$10.00	DOD	\$720.00
Pull Carts	\$5.00		

PUNCH CARD 20 PLAY	25% DISCOUNT
Military	\$180.00
DOD	\$270.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar ~ <http://onboard.nps.navy.mil/intra/>

MWR ADMINISTRATIVE OFFICES ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For questions, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 ~ 10:45 a.m. Weekdays
Hot Breakfast: 6:45 ~ 9:00 a.m. Weekdays
Lunch: 10:45 a.m. ~ 2:00 p.m. Weekdays
Dinner: See El Prado Room listing below.

TRIDENT ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service: 4:00 ~ 11:00 p.m. Monday ~ Wednesday
3:00 ~ 11:00 p.m. Thursday & Friday
4:00 ~ 11:00 p.m. Saturdays

Dinner Service: 4:00 ~ 9:00 p.m. Monday through Saturday

CLUB DEL MONTE/CATERING SALES OFFICE ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

INFORMATION TICKETS & TOURS ~ Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. ~ 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30~2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER ~ La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. ~ 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES ~ Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

ROMAN PLUNGE SWIMMING POOL ~ (Bldg. 210). Closed until further notice. Phone: 656-2275.

TECH CONNECTION ~ La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 7:30 ~ 8:00 a.m. and 2:00 ~ 6 p.m. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30~ 6:00 p.m. Monday through Friday and 1:00~6:00 p.m. on Saturdays. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. ~ 9:00 p.m.; Saturdays, 8:00 a.m. ~ 5:00 p.m.; Sundays 9:00 a.m. ~ 5 p.m. federal holidays, 10 a.m. ~ 5 p.m. Phone 656-3118.

MONTEREY PINES GOLF COURSE ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. ~ 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB ~ At the Monterey Airport. Open Monday to Friday 9:00 a.m. ~ 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA ~ On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER ~ 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS ~ Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil